



## *Chicken Piccata with Orzo and Spinach*

Preparation Time: 10 mins

Cooking Time: 40 mins

Serves: 4

Difficulty: Easy

### INGREDIENTS

6 thinly sliced chicken breasts  
3 eggs  
½ cup flour  
½ cup parmesan  
3 minced garlic cloves  
½ cup dry white wine  
½ cup chicken broth  
1 can petite diced tomatoes  
¼ cup capers (drained)  
Liquid of 1 small lemon  
3 tablespoons olive oil  
4 tablespoons butter  
Salt and pepper

### Pasta Serving Dish

1 box of orzo pasta cooked al dente and drained  
1-2 tablespoons of butter  
1-2 oz fresh spinach leaves  
Shaved parmesan

### DIRECTIONS

1. In 2 separate trays, place flour and parmesan in one and mix well. In second tray, mix 3 eggs well to make egg wash.
2. Season each thinly sliced chicken breast with salt and pepper.
3. Dredge chicken in the flour/parmesan mix.
4. Dredge chicken in egg wash and set aside on a plate.
5. In large skillet/frypan heat to medium-high heat, add 2 tablespoons of butter and 3 tablespoons of olive oil until it starts to sizzle then add chicken.
6. Cook chicken on each side until lightly golden. Place in oven proof dish in 230f oven for approximately 15 minutes. If thicker chicken increase oven temperature.
7. In the frypan, leaving brown bits from chicken, add garlic, wine, chicken broth and lemon. Simmer on medium-high heat until sauce begins to lightly thicken/reduce.
8. Add 2 tablespoons butter, let melt and whisk in well.
9. To thicken sauce, place flour in small cup and add chicken broth, mix with spoon until a creamy paste.
10. Add paste to sauce and mix well
11. Add capers and tomatoes, simmer for 4 minutes.

### Orzo, Spinach and Butter Dish

12. Cook Orzo pasta in boiling water with a dash of olive oil and salt until al dente.
13. Drain orzo and place in dish, add spinach and butter and mix well until butter melts.
14. Serve with chicken and sauce over the orzo pasta dish and dress with shaved parmesan.

**Note:** If you like a lot of sauce, add more chicken broth, wine and lemon.